

Home births in Utah, 2010-2022

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Background

- Approximately 1% of American women give birth at home.
- In Utah, home birth rates have been higher than the national average.

Objective

- Explore the home birth characteristics.
- Understand the trends.

Materials and methods

- Utah birth certificate data was used.
- Trend analysis was performed by Joinpoint regression model;
- All other analyses were run by SAS 9.4.

Results

Table 1. Circumstances of intended home births among all births: Utah, 2010-2022

	All Births		Birth Facility Type							
	N	%	Hospital	%	Intended Home	%	FBC*	%	Other†	%
Overall	653,425	100.0	632,116	96.7%	13,709	2.1%	6,569	1.0%	1,031	0.2%
Mom Age										
Below 18 years	13,569	2.1%	13,318	2.1%	196	1.4%	30	0.5%	25	2.4%
18-24 years	151,755	23.2%	147,614	23.4%	2,704	1.9%	1,243	18.9%	194	18.8%
25-34 years	398,353	61.0%	385,226	60.9%	8,183	59.5%	4,322	65.8%	652	63.2%
35-44 years	88,600	13.6%	86,854	13.4%	2,618	19.1%	989	14.8%	159	15.4%
45 year and over	1,084	0.2%	1,047	0.2%	33	0.2%	3	0.0%	1	0.1%
Mom Education										
Did not complete high school	59,462	9.1%	57,916	9.2%	855	6.2%	543	8.3%	148	14.4%
High school graduate	127,190	19.5%	123,417	19.5%	2,588	18.9%	990	15.1%	197	19.1%
Some college and beyond	450,027	68.9%	436,387	68.7%	10,049	73.3%	4,945	75.3%	646	62.7%
Unknown	16,746	2.6%	16,396	2.6%	219	1.6%	91	1.4%	40	3.9%
Race/Ethnicity										
Hispanic	105,947	16.2%	104,799	16.6%	604	4.4%	374	5.7%	170	16.5%
White, non-Hispanic	495,092	74.2%	485,964	73.7%	12,547	91.5%	5,850	89.1%	731	70.9%
Black, non-Hispanic	7,204	1.1%	7,120	1.1%	21	0.2%	28	0.4%	35	3.4%
Asian, non-Hispanic	14,763	2.3%	14,604	2.3%	82	0.6%	57	0.9%	20	1.9%
American Indian/Alaska Native, non-Hispanic	5,421	0.8%	5,441	0.9%	18	0.2%	12	0.2%	10	1.0%
Native Hawaiian/Other Pacific Islander, non-Hispanic	5,263	0.8%	5,220	0.8%	21	0.2%	12	0.2%	10	1.0%
Multiracial, non-Hispanic	13,587	2.1%	13,243	2.1%	201	1.5%	119	1.8%	24	2.3%
Other, non-Hispanic	280	0.0%	267	0.0%	7	0.2%	4	0.2%	2	0.2%
Unknown	15,808	2.4%	15,458	2.4%	208	1.5%	113	1.7%	29	2.8%
Utah County‡										
Urban	556,290	85.1%	540,100	85.4%	10,304	75.2%	5,032	76.4%	854	82.8%
Rural	87,843	13.4%	83,239	13.2%	2,912	21.2%	1,537	23.4%	155	15.0%
Frontier	9,292	1.4%	8,777	1.4%	494	3.6%	0	0.0%	21	2.0%
Mom Marital Status										
Married	521,667	79.8%	509,665	79.7%	11,272	82.2%	5,998	91.3%	732	71.0%
Not married	126,452	19.4%	122,216	19.5%	2,404	17.5%	557	8.5%	285	27.6%
Married, but not to father of newborn	5,284	0.8%	5,225	0.8%	32	0.2%	14	0.2%	13	1.3%

*Freestanding Birth Center
†Includes not intended/unknown if intended home births, clinic/doctor's office births, and unknown place births.
‡County designations
Urban (population density of 100 and over / square mile): Cache, Davis, Salt Lake, Utah & Weber
Rural (population density between 7 and 99 / square mile): Box Elder, Carbon, Duchesne, Iron, Morgan, Sanpete, Sevier, Summit, Tooele, Uintah, Wasatch & Washington
Frontier (population density of 6 and under / square mile): Beaver, Daguerre, Emery, Garfield, Grand, Juab, Kane, Millard, Piute, Rich, San Juan & Wayne

Conclusions

- There has been a noticeable decrease in the number of hospital births in Utah between 2010 and 2022, accompanied by a consistent rise in the prevalence of intended home births and freestanding birth center births.
- When contrasting these trends with hospital births, it becomes evident that intended home birth mothers tend to exhibit certain distinguishing characteristics. They tend to be older, married, have higher levels of education, identify as White, and live in rural or frontier counties.

- Home births have been on the rise, while the birth rates have been decreasing.
- Mothers who choose home births are typically older, married, have higher levels of education (college and above), identify as White, and live in rural or frontier counties in Utah.

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Results -- continued

Table 2. Change of births by birth facility type: Utah, 2010-2022

		2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Birth Facility Type	Hospital	N	51989	50790	50932	50298	50499	50160	49953	48228	46668	46512	45164	45933
		%	97.4%	97.1%	97.0%	96.8%	96.9%	96.9%	96.9%	97.1%	96.9%	96.9%	96.2%	95.6%
Intended Home	N	833	866	977	1030	1109	1028	1019	966	1012	1013	1185	1347	1336
	%	1.6%	1.7%	1.9%	2.0%	2.1%	2.0%	2.0%	1.9%	2.1%	2.1%	2.5%	2.8%	2.8%
FBC*	N	498	561	534	460	484	472	435	401	453	435	553	612	671
	%	0.9%	1.1%	1.0%	0.9%	0.9%	0.9%	0.8%	0.8%	0.9%	0.9%	1.2%	1.3%	1.4%
Other†	N	77	71	75	76	79	81	103	98	85	75	75	87	79
	%	0.1%	0.1%	0.1%	0.1%	0.2%	0.2%	0.3%	0.1%	0.2%	0.2%	0.2%	0.2%	0.2%

*Freestanding Birth Center
†Includes not intended/unknown if intended home births, clinic/doctor's office births, and unknown place births.

Figure 1 - 3. Change of births by hospital, freestanding birth center, home: Utah, 2010-2022

*Indicates that the Annual Percent Change (APC) is significantly different from zero at the alpha = 0.05 level

Figure 1

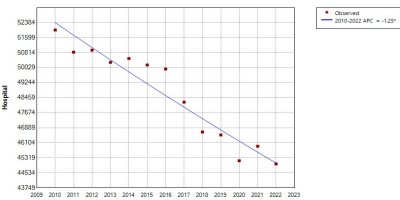


Figure 2

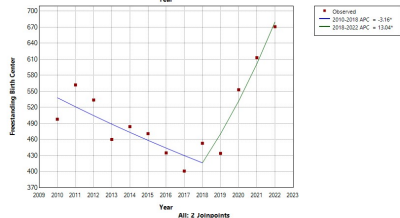
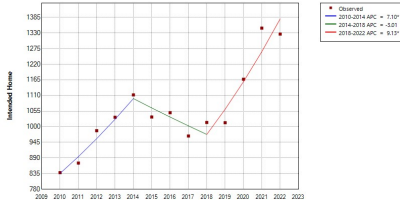


Figure 3



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